

# LYNN COUNCIL ON AGING SENIOR CENTER



## February 2013

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

I spoke to that man of "very few words" again... oh, how he loved his wife. I listened to his earnestness and warmth when he spoke of her. He never thought this woman would pay him any mind let alone marry him and spend over fifty years with him. He worried in the early years; she didn't cook like his mother. "Who puts ketchup on Meatloaf while it's baking? Oh, it was delicious!" Two sons, one daughter and she always said, "A son is a son until he takes a wife. A daughter is a daughter for the rest of your life." We drank coffee and laughed. Onlookers wondered why we were so happy.

Every Valentine's Day, he baked her a heart shape, double layered chocolate cake and frosted it using his own recipe. Not out of the Good Housekeeping book or on an index card; his recipe-mastered in his head and made with love. Everybody loved his frosting. Every year he changed the colors and designs- red roses (of course), white carnations, pink Gerber daisies and purple delphiniums or deep irises. By now I'm deep into my flower lesson. He was day-dreaming reflecting on how she was so excited with every year's new cake. Surprised more than the last year; overwhelmed with joy. On this Valentine's Day, she doesn't recognize him. He sees her as his wife, the love of his life, the mother of his children-not a patient, not a case, not a resident of the home-through the gray hair, through the distant stares. He visits her everyday for lunch. He places the cake of every color, every flower in front of her and says, "Happy Valentine's Day, Darling." She looks down at it and says, "My, how beautiful....."

Thanks for sharing, my friend of few words.

*Stacey Minchello*

### From Your Mayor

I hope you all had a wonderful holiday season and a happy start to 2013.

This new year promises to be a positive one for the City of Lynn, which was recently featured in an episode of WCVB's Chronicle. The episode originally aired in October, but was replayed in January. Many of our city's wonderful hidden gems were highlighted, such as the waterfront and Lynn Woods, as well as our emerging cultural district. I invite you to explore all that the city has to offer, starting with the Lynn Auditorium, which will be hosting Latin performer Marco Antonio Solis on Sat., Feb. 16. For information and tickets, please call the Box Office at 781-581-2971. Also this month, LynnArts is hosting a photography exhibit, which will run through March 8.

Throughout the month, we will be celebrating a number of holidays, such as Groundhog Day, Valentine's Day and Presidents Day. One can only hope that Punxsutawney Phil does not see his shadow, and we can see an end to this cold winter weather.


In the event of a snow emergency, information will be posted on the city website and also broadcast on the radio and local cable channels: WESX AM 1230, WBQQ 104.9 FM, Comcast Channel 3, and Verizon Channels 28 and 37.

As a reminder, senior volunteer program applications are due by January 31<sup>st</sup>. The public lottery for the volunteers chosen for the program will be Friday, February 1<sup>st</sup> at 11 a.m. in Room 302 at Lynn City Hall. More information can be found at [CityofLynn.net](http://CityofLynn.net)

As always, stay safe and warm as we look ahead to milder months.

Best wishes,  
Mayor Judith Flanagan Kennedy

  
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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz  
Assistant 781-599-0110 ext. 625

Kristi Harris  
Assistant 781-599-0110 ext. 618

### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

Arthur Akers  
Edmund Brown  
Ernest Carpenter  
Albert DiVirgilio  
Daniel P. Hanlon  
Frank LaMacchia  
Lester McClain  
Charles Mitchell  
Frances Taggart

Clerk

Vice-President

President

Meets 4th  
Wednesday  
monthly at  
1:30 p.m.

## FRIENDS of LCOA Executive Board

Joan B. Noble  
Linda Rosendahl  
Deb Small  
Cindy LeBlanc  
Virginia Calef

President  
Vice-President  
Treasurer  
Recording Secretary  
Membership Secretary

Meets last  
Thursday  
monthly at 10 am

## AARP Tax Appointments

Now booking appointments!  
Call Sandra at 781-586-8518

### Tax Appointments

**Mondays: Feb 4<sup>th</sup> thru April 15<sup>th</sup>**  
*(closed for holiday Feb 18<sup>th</sup>)*

First Come, First Serve

Must be a registered senior center participant with a swipe card.

## FEBRUARY HAPPENINGS

Tues, Feb 5	Mr. Specs Eye Glass Clinic		10:00 a.m. – 11:00 a.m.
<b>Tues, Feb 5</b>	<b>Lunch Trip: Rolly's Tavern</b>	<b>\$2</b>	<b>11:00 a.m.</b>
Weds, Feb 6	<b>FOOD STAMPS OFFICE HOURS</b>		9:00 a.m. – 3:00 p.m.
<b>Thurs, Feb 7</b>	<b>Birthday Karaoke</b>		<b>11:30 a.m. – 1:00 p.m.</b>
Tues, Feb 12	<b>Blood Sugar <u>AND</u> Blood Pressure Clinic</b>		8:00 a.m. – 9:30 a.m.
	Nurse available for your questions. Large Activity Room		
<b>Mon, Feb 11</b>	<b>Women's Group Meeting</b>		<b>10 am – 11 am</b>
<b>Tues, Feb 12</b>	<b>Lunch Trip: Lynn Tech</b>	<b>\$2</b>	<b>11:00 a.m.</b>
<b>Tues, Feb 12</b>	<b>Over the Rainbow</b>	<b>\$2</b>	<b>4:45 pm leaves Senior Ct</b>
	<b>Supper Club (Salem)</b>		<b>7:30 pm leaves Salem</b>

### Thurs, Feb 14 Happy Valentine's Day!



"Sugar and spice not always nice" brought to you by Flag Pharmacy 10 am  
 Live entertainment brought to you by Saugus Care 12 noon  
 ~Kevin Tibbetts  
 Bonus Horseracing! Game 1 and 4 extra prize action!

Fri, Feb 15	<b>BROWN BAG: BOSTON FOOD BANK</b>		10:00 a.m. – 12:00 p.m.
<b>Mon, Feb 18</b>	<b>President's Day</b>		<b>Center is Closed</b>
Weds, Feb 20	Lunch Trip: Spuds	\$2	11:00 a.m. – 1:30 p.m.
<b>Thurs, Feb 21</b>	<b>Free Brown Bag Medication Review</b>		11:00 a.m. - 12:00 p.m.
	Bring your prescriptions in and a RN will evaluate.		
Thurs, Feb 21	Podiatry Appointments		10:00 a.m. – 12:00 p.m.
Tues, Feb 26	<b>Hearing Clinic</b>		9:00 a.m. – 11:00 a.m.
Weds, Feb 27	Lynn Council on Aging Board of Director's Meeting		1:30 pm
<b>Thurs, Feb 28</b>	<b>FRIENDS OF LCOA meeting</b>		<b>10:00 a.m. – 11:00 a.m.</b>
<b>Thurs, Feb 28</b>	<b>Lunch Trip: Imperial Buffet</b>	<b>\$2</b>	<b>11:00 a.m. – 1:30 p.m.</b>
Thurs, Feb 28	Portraits by IrenaFree -15 min sitting		12:00 pm. – 2:00 pm
	Call Kristi 781-586-8618 for an appt pick up portrait next day after 12 noon		

Please note:

Exercise Classes will still be held Wednesdays and Fridays 11:30 am – 12:15pm  
 TOPS will still be held Thursdays 10:00 am

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# FEBRUARY 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
				1 Fiesta Fish/ Sauce Garlic Whipped Potatoes Carrots Chilled Fruit ALTERNATIVE Salisbury Steak/ Gravy Whipped Potato
4 Tortellini/Meat Sauce Roman Blend Veggies Garlic Roll Chilled Fruit ALTERNATIVE Chix Meat Balls/ Potatoes	5 Spilt Pea Soup Pot Roast/Jardinière Gravy Oven Roasted Potatoes Pudding ALTERNATIVE Veggie Quiche	6 Chicken Scallopini Lyonnaise Potato Butternut Squash Fresh Fruit ALTERNATIVE Spanish Sheppard's Pie	7 Chili/ Shredded Cheese Steamed Rice Salad Mandarin Oranges ALTERNATIVE Cajun Chicken	8 Hot Dog/Roll Veggie Baked Beans Cole Slaw Cookie ALTERNATIVE Beef Strip Steak
11 Roast Pork/ Apple Glaze Baked Potato/ Sour Cream Veggie Ratatouille WW Roll/Chilled Fruit ALTERNATIVE Chicken Marsala	12 Stuffed Pepper/Sauce Seasoned Diced Potatoes Green & Golden Beans Fresh Fruit ALTERNATIVE Cheese Omelet	13 ASH WEDNESDAY Pizza Salad Jell-o ALTERNATIVE Fish, Yams, Veggies	14 VALENTINES DAY Boneless Chicken Broccoli/Cheese Sauce Wild Rice/ Veggie Medley Snowflake Dinner Roll Raspberry Cookie	15 Mac & Cheese Spinach Chilled Fruit ALTERNATIVE Haitian Turkey Spinach
18 HOLIDAY No Food Service	19 Honey Mustard Tyson Chicken Whipped Potatoes Jardinière Veggies Muffin/ Chilled Fruit ALTERNATIVE Liver & Onions	20 Beef Stir Fry Stir Fry Veggies Steamed Rice/ Pudding ALTERNATIVE Veggie & Cheese Burrito Rice & Beans	21 Cream of Broccoli Soup Meatloaf/Gravy Cheddar Whipped Potato Chilled Fruit ALTERNATIVE Chicken Paprika	22 WG Stuffed Shells/ Sauce Italian Green Beans Oat Roll Cake ALTERNATIVE Turkey Ham
25 Meat Ball Sub/Sauce Home Fries Spring/Summer Blend Veggies/ Chilled Fruit ALTERNATIVE Chix Filet Sandwich	26 Lentil Veggie Soup Cran Glazed Boneless Chicken Delmonico Potatoes Jell-o ALTERNATIVE Mushroom Quiche	27 Beef Rib-B-Q/BBQ Sauce Brown Rice Pilaf Carrots Banana Cake ALTERNATIVE Spanish Chix/Rice & Beans	28 Turkey w/Gravy Sweet Potato Green Beans/Red Pepper Muffin/ Chilled Pineapple ALTERNATIVE Salisbury Steak/Gravy	



# SENIOR CENTER ACTIVITIES • FEBRUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATER-COLOR	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO (NEW TIME)
	1:30 Billiards Club	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE	
		1:00-3:00 'PENNY ANTE' POKER	GAME	

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

## Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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APARTMENTS

## **Trips**

Departs from Lynn  
Senior Center

**Mohegan Sun**  
**\$25**  
April 9<sup>th</sup>

**Foxwoods \$25**  
7 am - 6:30 pm  
March 12<sup>th</sup>

2<sup>nd</sup> Tuesday of the every  
month for 2013



Casino Trips from Revere  
Departs from Northgate Plaza

**Mohegan Sun \$25**  
10:00 a.m. - 8:45 p.m.  
Feb 12<sup>th</sup> & 26<sup>th</sup>  
Mar 12<sup>th</sup> & 26<sup>th</sup>  
April 9<sup>th</sup> & 23<sup>rd</sup>

**Twin River \$20**  
10:00 a.m. - 8:10 p.m.  
Feb 7<sup>th</sup> & 21<sup>st</sup>  
Mar 7<sup>th</sup> & 21<sup>st</sup>  
Apr 4<sup>th</sup> & 18<sup>th</sup>

Any questions? Call Elaine 781-289-6144  
(Departs from back of Price Rite at Northgate in Revere)

## **Valentine's Day Fun!**

- 10 A.M. FLAG PHARMACY WILL BE HERE PRESENTING A  
FREE SESSION ON SUGAR.  
SUGAR AND SPICE- NOT ALWAYS NICE!
- 12 NOON KEVIN TIBBETTS WILL BE PERFORMING LIVE MUSIC  
CELEBRATING VALENTINE'S DAY  
~GRACIOUSLY SPONSORED BY SAUGUS CARE-  
THANK YOU!
- 2:00 P.M. HORSERACING BONUS! GAME 1 AND GAME 4 WILL  
HAVE A BONUS PRIZES.

## **SAFELINK or ASSURANCE Cell Phone**

**~OFFICE HOURS~**  
**Tuesdays and Thursdays**  
**8:00 pm – 10:00 pm**

We will gladly assist you with your cell phone issues/ verification during these office hours.

## MOVIES...every Wednesday @ 1:00 p.m.

**Free Popcorn and Soda**  
**Wide Screen Plasma Home Theatre System**

Feb 6	Coco Chanel	2008	PG
Feb 13	Ghost	1996	PG-13
Feb 20	An Affair to Remember	1957	NR
Feb 27	Delovely	2004	PG-13

Don't be shy! Let us know if there's a movie you would like to see!  
 Even if it's in the theatre now, we can queue it for months later.



## NEW - No more paper RIDE applications!

All Ride eligibilities are done in person in Charlestown.

This speeds up the process.

Call 617-337-2727

THE MBTA RIDE ASSESSMENT OFFICE

500 Rutherford Ave, Charlestown

Call the above number, make an appointment.

They pick you up and take you to Charlestown.

Expect to be there 1 1/5 hours.

The ride to Charlestown is free.

You may bring a companion.

Expect to fill out forms.

Any questions, call Sharon 781-586-8516

### Supper Club

Over the Rainbow  
 Supper Club

House of Seven Gables  
 Salem

5:30 p.m. – 7:30 p.m.

### Portraits by Irene

12 noon – 2pm

Fireplace Lounge

Make an appointment  
 with Kristi

781-586-8618

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## WELLNESS WATCH

### Personal Hygiene

Mom was right. Good personal hygiene is essential to promoting good health. Personal hygiene habits such as washing your hands and brushing and flossing your teeth will help keep bacteria, viruses, and illnesses at bay. Along with these physical benefits, there are mental benefits to good personal hygiene as well. Practicing good hygiene helps you feel good about yourself. Feeling good about your self is important to our mental health. Sometimes poor hygiene is a hint that something else is going on. When people are sad or depressed they may neglect themselves and appear unkempt. They may need professional help to change their personal habits. For most people healthy habits would include good grooming. Good grooming is accomplished by regularly practicing good personal hygiene.

#### The Basics of Good Personal Hygiene

Bathe regularly. Wash your body and your hair often. If is necessary to shower every day but you should clean your body and shampoo your hair at regular intervals that work for you. Your body is constantly shedding skin. That skin needs to come off. Otherwise it will cake up and cause illness.

Trim your nails. Keeping finger and toe nails in good shape helps to prevent infections. Keeping your feet clean and dry prevents Athlete's Foot and other infections. Talk to your doctor about a Podiatrist if necessary.

Wash your hands. Hand washing is the most important aspect of disease prevention. Wash before you handle or eat food. Wash after you cough, sneeze, use the toilet, or handle garbage.

Brush and floss. At the very least brush your teeth twice a day and floss daily. Brushing prevents gum disease and tooth decay. Flossing helps to maintain strong, healthy gums. Brushing and flossing will help you to be able to chew properly.

Sleep tight. Get plenty of rest. Lack of sleep can leave you run down and can compromise your natural defenses against illness.

If you are able to accomplish grooming tasks safely on your own, personal care services are available through Greater Lynn Senior Services at 781-599-0110.

Susan H. Brown, RN/GLSS Community Education Nurse  
781-586-8568 sbrown@glss.net



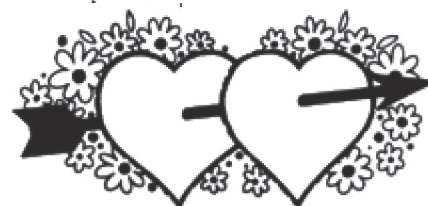
## Valentine's Party



balloons  
 banner  
 candy  
 cards  
 chips  
 chocolate  
 cinnamon hearts  
 classroom  
 confetti

cookies  
 cupcakes  
 cups  
 forks  
 friends  
 fun  
 games  
 juice  
 lollipops

music  
 napkins  
 pizza  
 plates  
 popcorn  
 soft drinks  
 spoons



## HOMESTEAD ACT

On March 16, 2011, a new Massachusetts Homestead law went into effect. It completely revised and modernized Massachusetts General Laws Chapter 188, sections 1-10. Here are some of the important highlights:

The Homestead law allows Massachusetts homeowners who reside in the home to protect their principal residence from certain creditors, up to a certain amount

Existing homesteads recorded prior to March 16, 2011 remain valid

All homesteads are subject to valid mortgages

Homeowners get an automatic \$125,000 homestead; no recordation of a homestead declaration is needed for this protection

Homeowners can protect up to \$500,000 in equity in their homes by recording a homestead declaration; all owners must sign to gain full protection

All owners must occupy or intend to occupy the home as principal residence

All owners who are elderly or disabled should record a homestead under section 2 of the new law to gain maximum protection; they must attach a disability award letter or a Massachusetts physician's letter to their homestead declaration

Both spouses can record a homestead under the new law

Property held in a trust can be homesteaded

Mobile homes and manufactured housing can be homesteaded

Every homeowner who has refinanced his/her mortgage in the last several years should consider recording a new homestead declaration since many refinancing mortgages contained a waiver of homestead rights.

Homeowners may benefit from recording a new homestead early since homesteads recorded under the new law are senior to liens recorded after the homestead is recorded.

The children and surviving spouse of a person who has recorded a new homestead gain special protections. Find out if it's right for you. Call customer service: 978-542-1704 [www.salemdeeds.com](http://www.salemdeeds.com) \$35 fee

## Safe Return Program

One of the most devastating experiences for a family coping with Dementia is to have a loved one wander away from home and become lost. In order to give families some degree of security, the Lynn Police Department, in cooperation with the North Shore Alzheimer's Partnership, Greater Lynn Senior Services (GLSS), and the Lynn Community Elder Services, offer the Safe Return Program.

Registration is completely voluntary, and to participate, all that is required is that the "Safe Return" Form be completed. Information on the form includes the person's name, address, contact info, a physical and behavioral description, and a recent photograph. The completed form; along with photo are then placed on file with the Lynn Police Department. Information is kept strictly confidential and will only be disseminated in the event of a wandering incident.

In the event that your loved one wanders, call the Lynn Police at 781-595-2000 or via the 911 system and informed the person that your family member is registered in the Safe Return Program.

Information is also available in the packet regarding registering with the National Alzheimer's Wanderers Registry.

Forms are available at the following locations:

- Greater Lynn Senior Center/GLSS  
8 Silsbee Street, Lynn
- Briarcliff Lodge  
112 Kernwood Drive, Lynn
- Lynn Police Department  
300 Washington Street, Lynn
- Or call the Lynn Senior Center  
781-599-0110, and we will mail you a form.

## IN LOVING MEMORY

In loving memory of Dr. Thelma Berger  
~Dr. Harvey Berger

## THANK YOU

Thank you for your  
generous donation.

~ Mr. and Mrs.

Robert Pacheco

Thank you for your  
generous donation.

~ Barbara Griffin

Thank you for your  
generous donation.

~ Sophie Karampoulis



## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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## Hair Salon

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WEDNESDAYS  
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WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### EYEGLOSS CLINIC

February 5th

10:00 am—11:00 am

By: Mr. Specs

### BLOOD SUGAR & BLOOD PRESSURE

February 12th

8:00 am—9:30 am \*note time change\*

Nurse available for any health questions.

### HEARING CLINIC

February 26th

9:00 am—11:00 am

### PODIATRIST

February 21st and March 14th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

### MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.

### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
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